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SEE PAGES 18-21
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Friday 13 December - 5.00pm
Camera Ready Copy: **Tue. 17 Dec. - 12 Noon**
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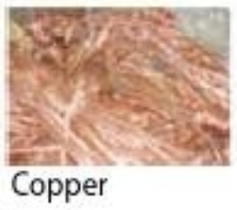
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GAA Legend Oisin McConville talks about his life-changing Laser Eye Surgery at Optilase

My weekly routine over the last few years could include anything from watching games, playing in them, punditry and commentary on TV, writing my weekly article, training and coaching; all juggled with spending time with my wife and kids; so it's no wonder that I never had a chance to do anything about my eyes!

I have needed glasses or contact lenses since I was a child and have been conscious and aware of the restrictions of my sight. Luckily, in my playing days, I was able to get by without glasses or fiddly contact lenses but I always struggled and wondered what 20/20 vision would be like.

I'd heard of laser eye surgery but never really knew enough about it until I decided to take the proverbial bull by the horns and visit Optilase, next door to the Canal Court Hotel in Newry and see if I could get the treatment done (apparently not everyone can).

I chose Optilase after hearing some reassuring stories from both my friends and people in my work circle who had it done. After hearing that Optilase in Northern Ireland was the number one provider in Europe and second in the world in terms of completed treatments, the decision to proceed was an easy one – as there is no way I was taking any chances with my eyes, you only get one pair after all!

"If I could offer advice to anyone out there who wears specs, I'd say - get it done, and get it done now."

The Clinic at Optilase is more like a five Star Hotel and I was so at ease and very, very relaxed and therapeutic – absolutely beautiful and completely put me at ease. The staff there were wonderful and couldn't do any more for me.

So, after being fed and watered, I then spent my hour with the Optometrist. My consultation was free of charge and took around an hour. I filled out a simple form and met with my Optometrist who explained how the consultation would proceed and took me for some scans and pictures of my eyes and walked me through everything very thoroughly. I felt completely reassured and at ease throughout the process and very relaxed and informed.

Thankfully I was deemed a suitable candidate. The next step was to discuss price! I'm glad to report that there was no pushy sales pitch (that definitely would have put me off), just genuine interest in the best care for me and my eyes.

The 0% finance deal definitely made things easier! The decision was completely left to me so I paid my deposit and picked my date.

A big thing for me also was the reassurance of the Optilase Lifetime Care Guarantee. Basically Optilase looks after and treats my vision for the rest of my days, even if I needed re-treatment further down the line, at no extra cost, however much is needed.

I've got to admit that the day before surgery, I was a little nervous. I went to the Optilase in Belfast (in front of the City hall) for my treatment. The place was stunning, relaxing and calming. There were a lot of people there that day who felt the same as me and completely at ease – I was actually looking forward to this!

After I completed my paperwork, I met with my Surgeon and Medical Director, Mr. Wayne Crewe Brown who spent half an hour talking me through my treatment. I felt completely re-assured also considering he has performed more than 40,000 of these treatments!

The best treatment for me was Lasik - which is one of the most popular laser procedures in the world, with the quickest recovery time. Dr Crewe-Brown felt that it was best for me and my eyes and after his thorough explanation, so did I.

The actual surgery itself was over within minutes and I quickly realised there was no reason for me to have been nervous. The Surgeon was fantastic and talked me through each part of the procedure and the Nursing and Care team were second to none.

There was no pain during surgery, a question I have been asked by almost everyone since my treatment! There are so many myths out there about laser eye treatments that simply are not true – I've had much worse days out at the dentist!

After surgery my eyes were sore initially, a sensation I compare to what I experience after cutting raw onions. My eyes watered and I had to wear sunglasses to protect my eyes from the bright light when I left the clinic. I was prepared for this and told just what to expect. Later that evening, I had a mild headache – nothing that two painkillers couldn't sort and along with plenty of water – I had a great night's sleep.

Following the advice from the team at Optilase I went home and relaxed and when I woke in the morning, life had taken on a whole new perspective. Being able to see so clearly without glasses was the strangest feeling ever, absolutely fantastic and I was more than a bit emotional, I don't mind admitting. It was actually unreal how good it was!

If I could offer advice to anyone out there who wears specs, I'd say - get it done, and get it done now. I only wish I had it done years ago. Go see for yourself. My biggest regret is not having it done sooner and thinking about some of those wides I hit!

Call up Optilase and see at least if you are suitable for treatment. I'm glad I did. It won't cost you anything as it's free to find out so why not?

Dr Crewe-Brown and the Optilase Team

Dr Crewe-Brown and Oisin McConville after surgery

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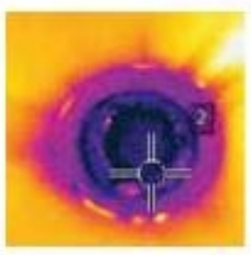

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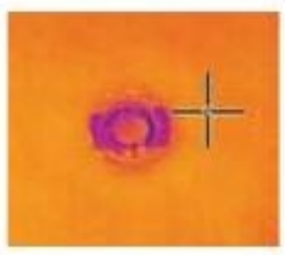

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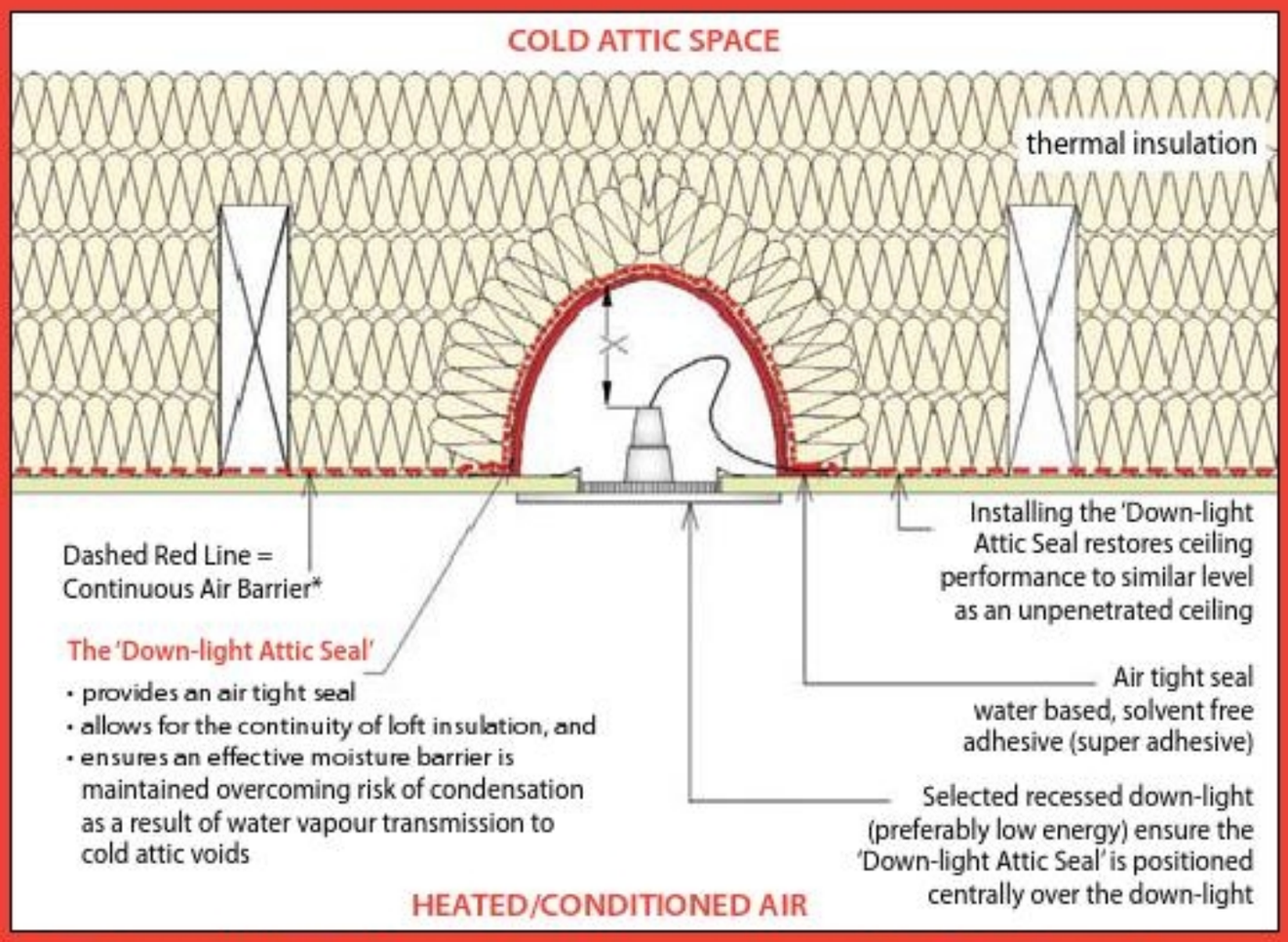
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For the aspiring golfer, Winter training programmes for young and old, plus the ever popular Winter Golf League - with the best young golfers pitting their skills against each other on a weekly basis - has the Centre buzzing. When we spoke to the resident PGA Professional, Dougie Bell, he was excited about the season just passed and the prospect of the "off season" we are moving into. "The US tour 2014 season has already started and the eqivilent starts in a couple of weeks in Europe, so the golf pros seem to be competing all year round these days. With the amateur golf season there definitely is a spell when it is time to work on your game and not worry too much about the results. So for the golfers looking to progress next year this is a good time to come and see us and see what help is available for you to enjoy your golf more."

■ Resident PGA Professional Dougie Bell coaching young golfers at Kellys Golf Centre

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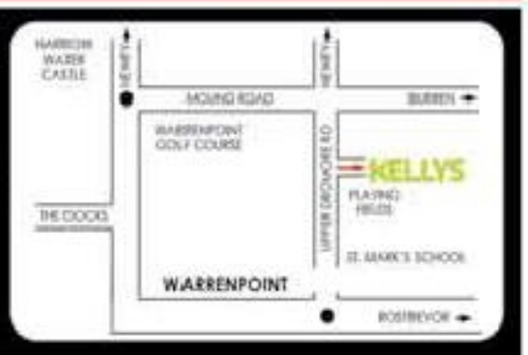

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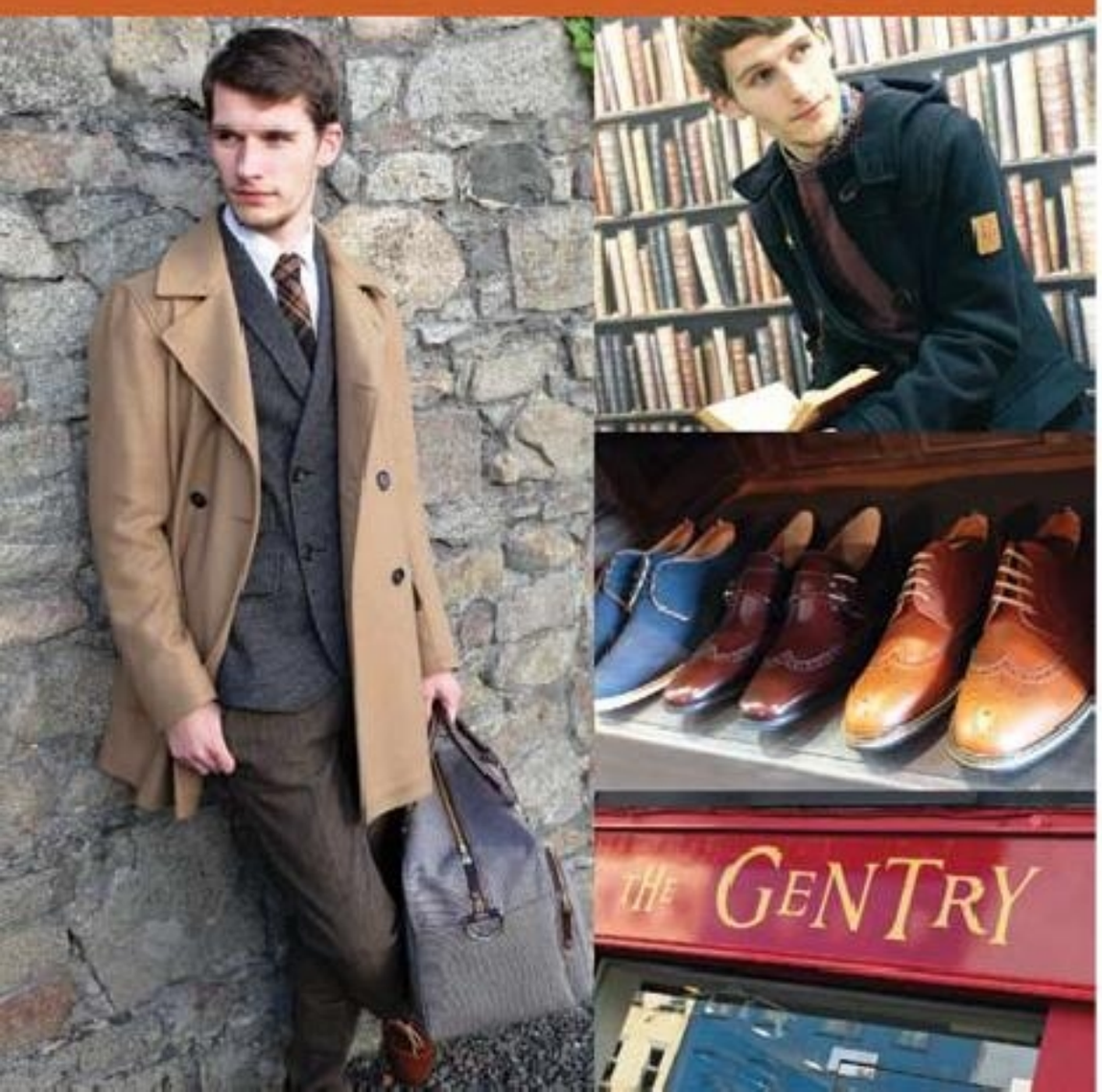

The Gentry - Newry's New Male Boutique

The Gentry, situated on Bridge Street, is Newry's first and only male boutique.

Beautifully appointed interior

Supplies classic, timeless clothing with brands Peter Werth, Farah and Frontiers of Quebec 1924

We're here to help you through, with our three step guide to the Modern Gent:

1. SPECULATE over our carefully selected garments.

2. DELIBERATE the quality cuts in the locker room.

3. MASCULATE yourself with a purchase in our truly unique setting

Come on in and "Aspire to Gentlemanhood"

The Gentry Male Boutique at Bridge Street, Newry.

The extensive range of quality male fashions at The Gentry Male Boutique in Bridge Street, Newry.

The stylish interior of Newry's new Male Boutique, The Gentry.

The Oak Barrel
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Some of our Christmas Specials

Absolut Vodka Only £14.99 - Save £3.00
West Coast Cooler 75cl - 3 for £10
Hardy's VR Wine Range £5.49 - Save £1.20
Frontera Wine Range £5.49 - Save £1.50

Powers 70cl £16.99 - Save £2.10
Coors 12pk 330ml bottles - Only £7.99
VERY LIMITED STOCKS!
Plus Many More Deals In Store!

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Wishing all our customers a Happy Christmas and Peaceful New Year

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while stocks last

25% OFF Yankee Candle Fragrance of the Month Red Apple Wreath and Christmas Eve
RRP £19.99
OUR PRICE **£14.99**

44 Piece Cutlery Set
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OUR PRICE
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FREE Pair of Wick Trimmers with every large candle bought*

*only 1 per customer whilst stocks last

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Newry's Leading Ladies Fashion Boutique - Berling!

Sisters Berenice and Aisling Rafferty established Berling, the award winning ladies clothes boutique just over five years ago.

Nestled in the heart of Newry, they aim to dress the lady who will inspire, make a statement and turn heads. Berling is a destination boutique for those looking for an alternative to High Street Fashion. Desirable and original, the collections are beautifully showcased casual wear to sophisticated and elegant occasion wear.

At Berling, there is a range of clothes to suit all occasions whether it is a wedding, a christening, day-at-the-races or just a nice evening out. There are loads of 'must have' items in separates 'desk to dinner' dresses and casual wear with endless colour combinations.

Labels showcased at Berling include: Almost Famous, Daisy May, Kate Feamley, Michaela Louisa. Virgos Lounge to name a few.

Join our Christmas club to complete your winter wardrobe.

A small deposit secures any item: 'If you like it we will hold it.' Opening Hours: Monday to Saturday 10.00am - 5.30pm or Dress by Appointment. Tel: 028 3026 9179. Email: berenicer@aol.com

Follow us on Facebook. Visit www.berlingboutique.co.uk

Berenice & Aisling @ Berling

28 The Mall, Newry, Co. Down BT34 1BG

(Behind the Bus Depot)

Opening Hours: Monday to Saturday 10.00am - 5.30pm
or Dress by Appointment

Tel: 028 3026 9179

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McCabe's Bedroom
Oak, Painted, Kid's 15 Bedroom Suites on Display

Up to 20% Off

McCabe's Interiors
Large range of Lamps (200) Mirrors (120) & Giftware

McCabe's Rug Gallery
Wide range of Rugs From 2 x 3 to 9 x 12 In Stock

20% Off

BEDS McCabe's Bedding Gallery
With over 30 Display Beds From 1,000 pocket to 15,000 Hand Made Natural Filling No Foam Bed Range

McCabe's Leather
Over 20 Leather Suites In Stock, to suit every pocket from £1,200 to £6,500

Pianos

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McCabe's Restoration Service
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Make your Christmas dinner extra special this year by adding a fresh fish starter to your menu

Silverfin
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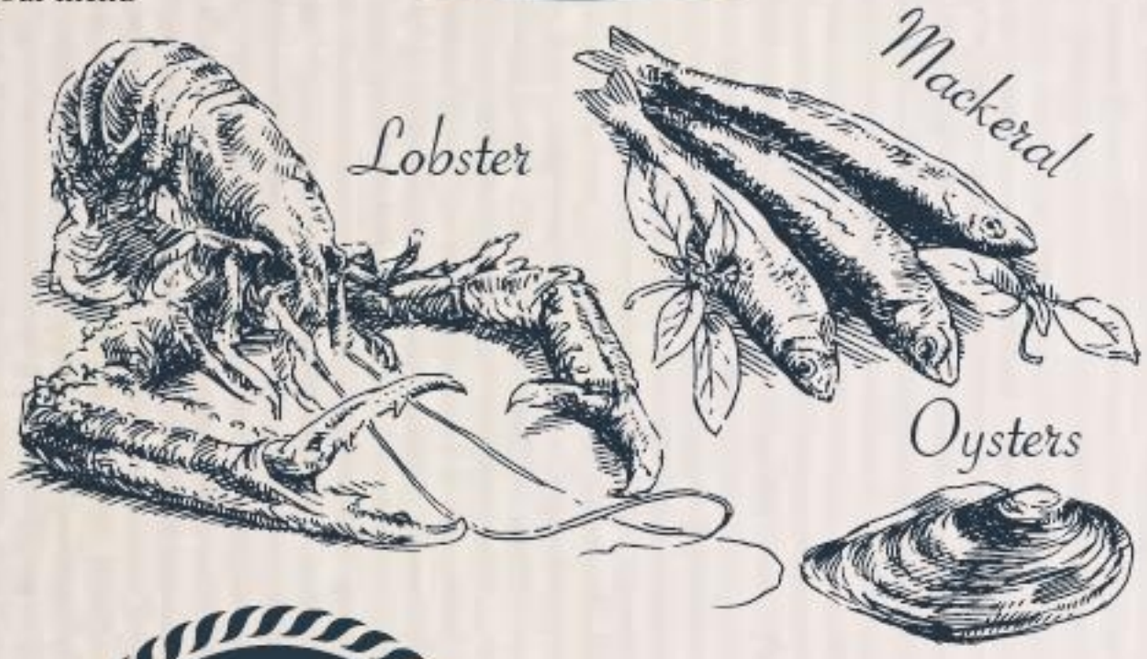
Orders now being taken for Christmas
Order early to avoid disappointment



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Unit 1 Greenbank Service Station,
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t. 028 3083 5630 m. 075 1196 9297

thérapie CLINIC

Does laser hair removal really work?

The answer to the question - does laser hair removal really work, is an absolute yes! It all comes down to using high tech lasers, and what are called "medical grade" lasers as opposed to going for an inferior treatment called IPL. Many of us are tempted by cheap sounding offers from time to time but the hard fact of the matter is that IPL is a far inferior treatment and will actually end up costing you money.

IPL is actually non comparable to medical grade laser hair removal - which is incredibly effective and so much so you'll need never have to worry about waxing or shaving ever again! In fact, after only two-three treatments you'll notice a serious reduction and slow-down in hair growth where as you could need anything up to 20 sessions of IPL - and at that you'll need to return for ongoing treatments.

Therapie Clinic is the market leader in laser hair removal for many reasons, including their use of only the most advanced medical-grade lasers you can get. The clinic's experience is also second to none, in business since 2001, RQIA registered and with clinics in Belfast, L/Derry and Merchants Quay in Newry. Therapie offers free consultations, free patch tests, 0% interest free credit and price match guarantee - why would you go anywhere else?

Call today for expert laser hair removal, phone: 08000 121 565.

SPECIAL OFFER FOR DECEMBER:
½ price underarm & bikini package!

The Christmas Gift Collection at Therapie Clinic

1

from only £35

Murad Gift Sets

Choose from the Complete Renewal, Perfect Balance, Real Radiance and for him, the Perfect Shave set.

Perfect Balance Set
AHA Exfoliating Cleanser, 30 ml
T-Zone Pore Refining Gel, 60ml
Skin Perfecting Lotion, 30ml
Pore & Line Minimizing Hydrator, 10ml
Price: £35

2 Perfect Body for Party season

Exclusive to Therapie Clinic

The gift of a leaner, more contoured, cellulite-free body - the gift of the season! Choose The Perfect Body package, a session of the fat-freezing Cooltec treatment and course of 6 x sessions of the body-contouring VelaShape II treatment, £795. **This package is the perfect party dress accompaniment!**

Christina Aguilera loves Cooltec

Eve Lom Gift Sets

Offer the gift of radiant skin this Christmas. Choose from the Daily or Luxury Collection gift sets.

3 Eve Lom Daily Collection Gift Set

Cleanser, 50ml
Muslin Cloth
Morning Time Cleanser, 50ml
Rescue Mask, 15ml
Kiss Mix, 7ml
Price: £65

4 The Gift of Smooth & Silky Skin, with Laser Hair Removal

50% OFF

No more waxing and shaving. Your loved one's beauty regime will never be the same again. Full course on the underarm & bikini area (6 sessions), now **ONLY £495 (50% saving!)**

"I've had everything lasered!"
Kim Kardashian

5 Therapie Clinic Gift Vouchers

Surprise your loved ones with this ultimate gift. Therapie Clinic Gift Vouchers are redeemable against all of our products and treatments.

CALL 08000 121 565

Belfast - L/Derry - Newry

therapieclinic.co.uk

thérapie CLINIC

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go!kids!

Brian McEniff Hotels are family managed hotels with over 64 years in the hotel business ideally situated in * Bundoran * Sligo City * Rosses Point * Westport * Dublin. So whether it is a City Break taking in a show & some retail therapy, or that well-deserved Spa Break to pamper yourself, catching some waves, a round of golf, horse riding, we here at the Brian McEniff Hotels have it all for you. We also offer a range of Theme Breaks such as Bowling, Bridge, Sequence Dancing, Set Dancing, Dancing for Pleasure, Fishing, Whist, Painting Weeks, Murder Mystery Weekends, Health & Well Being Breaks, Bingo Breaks, Cookery & Floral Demonstration Weekends, Country Music Festivals. So if you are involved in a group we would love to hear from you. Marion Fitzgerald group holiday coordinator will arrange your break for you from you leave home until you return home again and we offer our Golden Years a home away from home at the Brian McEniff Hotels with breaks starting from just €149.00 pps for three nights bed & full Irish breakfast & 3 evening meals with entertainment each evening for groups. Mums & Dads ! we can offer you the perfect FAMILY HOLIDAY BREAK with our go kids !! clubs we here at the Brian McEniff Hotels will entertain the children for you while you relax and enjoy your break the children go home with fun filled memories and you return to the hustle & bustle of family life refreshed and rested.

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All above packages subject to availability. Terms and conditions apply.

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After 5pm call Marion
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£30 OFF Tooth Whitening

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Oral B 3000 electric toothbrushes
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All customers between now and Christmas will be entered into our draw to win a weeked for two
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Design your own colour scheme
Ask in store about Christmas Delivery

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CASH & CARRY PRICES on all quality laminate flooring from only **£5.99** sq. yd.

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DONNY Oak Bedroom & Occasional Range Now In Stock

HALITON

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EXTENSIVE RANGE OF DINING ROOM FURNITURE IN STORE
Over 50 styles to choose from

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CUDDLE CHAIR SPECIAL
Were £399 Were £199
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5mm Foil Underlay now only **£22.50** a roll
Vinyls from only **£3.99** sq. yd. fitted
FREE estimates FREE fittng FREE delivery on ALL carpets

TO CLEAR

Sol 2 Door Wardrobe in Pine & Cream
(Only 7 remaining to clear)
Now only **£89**

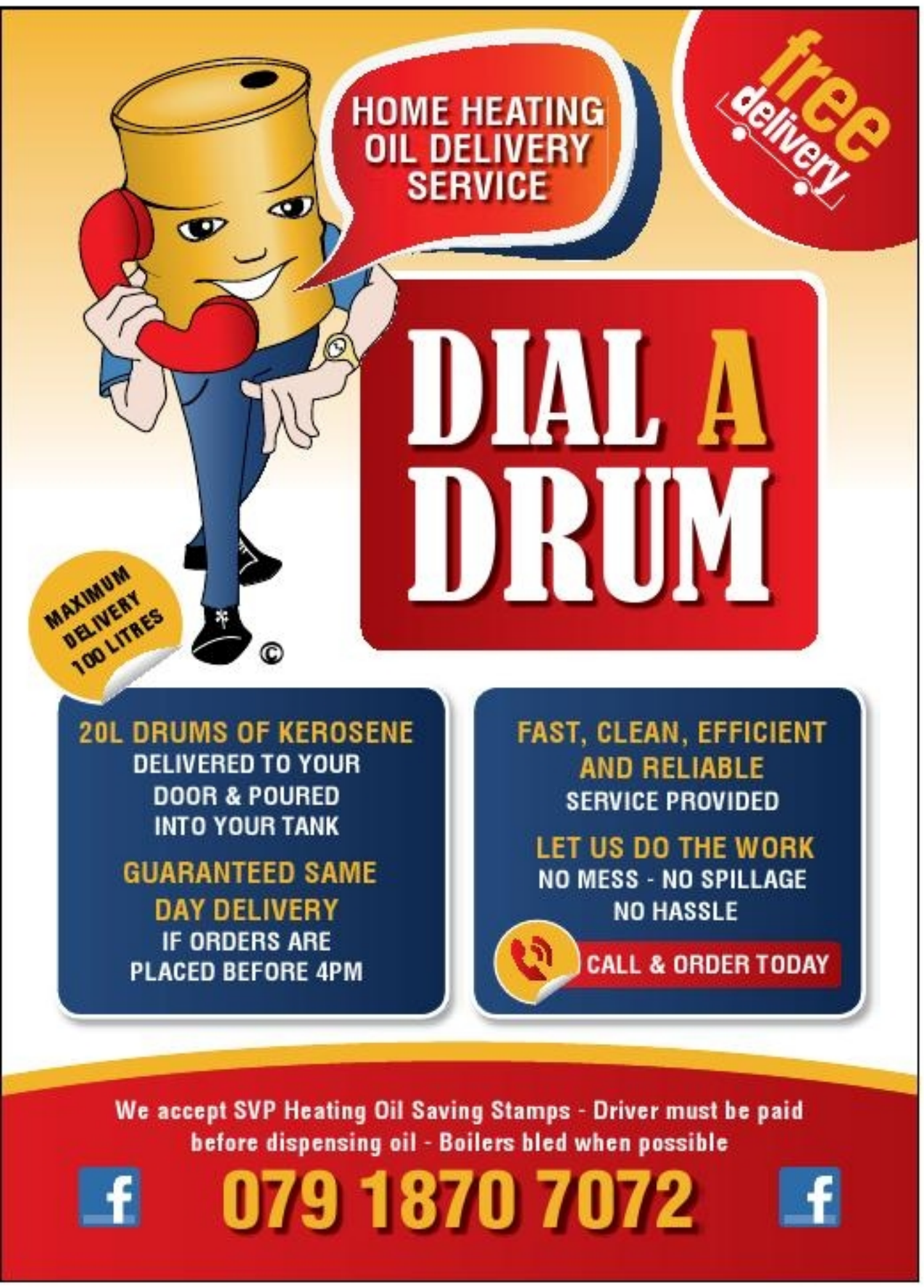
Orange & White 6 foot Bookcase
Only **£49**
Limited Stock

Sol 2 Door Wardrobe in Pine
Only **£99**

We wish all our customers a Merry Christmas and a Happy New Year

Merry Christmas

Quality remnants in stock - Large selection of Quality Lamps, Mirrors and Pictures in Store



THE PERFECT CHRISTMAS GIFT IS NOW MORE AFFORDABLE

20% Off Gift Vouchers at Therapie Clinic

Therapie Clinic is the one stop shop for all your Christmas shopping needs this Christmas - for him and her. How about the gift of beautiful skin? Pick up a stunningly packaged gift set from Dr Murad, Image Skincare or legendary Eve Lom - and save money while you do so! The gift sets are priced from only £35 but the value could be double that.

Maybe your loved one would like to be hair-free and never have to worry about waxing or shaving ever again but perhaps laser hair removal is too personal a gift? A gift voucher is the perfect option and the gift of being hair-free is a special gift indeed! Therapie Clinic is making gifting even more affordable and offering a generous 20% off Gift Vouchers for the month of December!

Your loved one can then choose from a wide range of expert skincare products and treatments; from luxury facials to more clinical treatments for common skin concerns such as ageing skin, redness and red veins; to the very best in express beauty treatments (at the Queen's Arcade clinic).

From expert tanning and waxing to professional nails and brows, manicures and pedicures, she'll find the perfect pampering treatment at Therapie Clinic! Happy Christmas from Therapie Clinic!

Phone Therapie on 08000 121 565. www.therapieclinic.co.uk

Do you have a home insurance claim?

CGDM Property Claims are here to help!

Water damage from a burst pipe, fire damage or an accident to your home can be a very traumatic experience. CGDM Property Claims offers a solution that will save you time, money and a lot of hassle. We provide you with peace of mind - knowing that your home insurance claim and building repairs will be professionally handled until completion.

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Cathal Grant, Director of CGDM Property Claims commented: "Household damage causes severe stress to a homeowner. The majority of claims are from burst pipes under the floor. If you see any signs of damp rising, it could be a burst pipe and subsequent insurance claim. Our unique service enables us to take care of everything, from the claim paperwork, to meeting with the insurance company and repairing your home back to normal."

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In the event you experience any property insurance claim call CGDM Property Claims immediately, on 028 3025 0844.

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Special Offer!!!

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Lunch 12pm-4.30pm £7.99
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Please Note:
- Lunch time period is from 12pm to 4.30pm daily
- The price you pay depends on the time you leave.
- Children under the height of 1metre will be charged £0.99
- Children between the height of 1metre to 1.4 metre will be charged half price.
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DECEMBER OPENING HOURS
Monday - Saturday 9.00am - 5.00 pm
Sunday 2.00pm - 5.00pm

Thee 1 Salon & Day Spa opens newly

Taking beauty and

BEAUTY and well-being have been taken to a whole new level in Newry & Mourne with the transformation of Thee 1 Day Spa Salon in Warrenpoint.

To mark five successful years in business and 5 Star recognition from the Good Salon Guide, Thee 1 Day Spa Salon in Summerhill has undergone a Five Star Makeover of its own with the extension of the Salon to include a magnificent Gym/Dance Studio and new state of the art Spa Area that includes the unique new concept of a Relaxation Room.

Owner Michelle Donnelly has been meeting the beauty and well-being needs of a growing client-base over the last five years and her latest investment in the business underlines how she continues to strive to offer the ultimate Salon and Spa Experience at Thee 1.

She said: "When we embarked on this major expansion at Thee 1, I tried to imagine what would be the ultimate hair and beauty salon and spa experience that captures everything required to look and feel fabulous.

"I saw the ultimate experience as being one where the client can spend quality time in a welcoming environment where they know they can get the best treatments available from professional staff and relax and unwind in the knowledge that when they leave they will look and feel glamorous."

The new-look Thee 1 Salon and Day Spa has been designed to provide the best salon experience imaginable.

Michelle added: "We don't just make our clients feel fantastic about their hair and image, we also want to make the time they spend with us special too.

"Our creative team offer bespoke consultations and world-class cutting, colouring and styling, alongside spa treatments and beauty services, which allow the client to relax whilst rejuvenating their look."

Thee 1 Salon and Day Spa now incorporates six treatment rooms spanning three floors which ensures the ultimate in privacy and relaxation.

Michelle and her team continue to evolve with advances in the beauty industry. All staff and therapists are trained to the highest standard to ensure all clients get expert advice on the treatments best suited to their needs.

Communication is a core value at Thee 1 as Michelle explains: "We firmly believe in communicating with our clients by keeping them informed of the latest treatments available and advising on what may best suit their needs and the look they want to create. We offer a pre-treatment consultation with clients and this provides our staff with the valuable information needed to give the right advice and get the best results we can for the client."

As well as being trained in the latest cutting and colouring techniques, Salon staff at Thee 1 also specialise in Hair Extensions which include Pre-bonded, Micro-loop and Tape-in Extensions. Staff will be happy to advise on what best technique will suit your look and your budget.

The new spacious facilities at Thee 1 give clients the opportunity to maximise their well-being so that they can feel great as well as look great.

A new Gym that doubles as a Dance Studio has been a big hit with clients since the transformation with Bernard McLoughlin running weekly fitness classes and husband and wife team Gerard and Patricia Malone taking dance classes on Wednesday evenings at 7.30pm and 8.30pm that include Jive, Quickstep and Waltz.

Men are also encouraged to get in on the act at Thee 1. The complex offers at quality Barbers Shop that offers Hot Towel Shaves for men in a private treatment room - another service unique to Thee 1 in the area.

Thee 1 Salon and Day Spa is open from 9am to 9pm Monday to Wednesday and from 9am to 10pm on Thursday and Friday, 8.30am to 6pm on Saturday and 11am to 6pm on Sunday.

To book an appointment or consultation call in and visit the team at Thee 1 Salon and Day Spa in Summerhill, Warrenpoint, telephone 028 4177 4314 or email michelled054@aol.com

You can also check out the latest offers on the Thee 1 Salon and Day Spa Facebook Page.

ladies! have a
hen party
Why not treat yourself to a pamper package?
5 girls minimum with free champagne. Sip champagne will you relax in our newly designed relaxation room...
Choose from 4 packages:
STRAWBERRY SCRUB, BLOWDRY AND HAND & TOE PAINT
CHOCOLATE WRAP, BLOWDRY AND HAND & TOE PAINT
MINI FACIAL, BACK MASSAGE AND HAND & TOE PAINT
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£35 per hen
Thee 1 Day Spa
45 Summerhill, Warrenpoint, BT34 3JB
Tel: 028 4177 4314

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Best wishes to Michelle in her new venture

Best wishes for the future to Michelle in her new venture from

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Best wishes for the future to Michelle in her new venture

Best wishes for the future for Michelle in her new venture

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All 40kg bags *Plus much more instore*
Best wishes to Michelle in her new venture

transformed state of the art complex

well-being to a whole new level

THE LATEST TREATMENTS, PRODUCTS AND TECHNIQUES

THEE 1 Salon and Day Spa prides itself on adapting to the latest beauty and well-being treatments, techniques and products.

The new-look Thee 1 now offers an extensive range of new services. Michelle Donnelly explained: "One of the main reasons we have been successful in building our client base over the years is our ability to adapt and embrace new treatments and techniques."

Specialist Treatments include:

• **SCRUB:** Perfect for exfoliating dead skin cells, smoothing the skin and stimulating circulation, Our Salt Scrubs are the ultimate luxurious body treatment as the oils will penetrate and leave the skin cleansed.
30 minutes: £17.00; 50 minutes: £27.00.

• **DETOXIFYING ALGAE WRAP:** This therapeutic, balancing and detoxifying treatment involves skin brushing and an algae self heating wrap. Relax while this high mineral wrap gets to work stimulating, detoxifying, firming and hydrating the skin, resulting in a slimming and toning effect. An ideal kick start to a weight loss routine.
30 minutes: £22.00; 50 minutes: £32.00.

• **FINE RICE BODY WRAP:** A truly luxurious experience including lymphatic skin brushing. Our fine rice radiance wrap is known for purifying and helps to even skin tone. An exotic wrap that tones your skin and helps eradicate scarring.
30 minutes: £24.00; 50 minutes: £34.00.

• **CHOCO-THERAPY WRAP:** Utterly delicious and perfect for those who adore chocolate! Deeply hydrating and regenerating. Our self-heating Chocolate body wrap is applied after body brushing, creating a genuine feeling of well-being, relieving both stress and body aches.
30 minutes: £23.00; 50 minutes: £33.00.

Note: The 50 minute treatment in all of the above includes unique oil which will be applied, allowing your therapist work on body, mind and spirit, helping to revitalise and rejuvenate the skin.

Other new treatments on offer at Thee 1 Salon and Day Spa include Gel/Acrylic Hair Extensions, Seaweed Wrap, Pregnancy Massage, Hot Stone Massage, Skin Peels, Microdermabrasion Facials, Botox and Filler available with the Thee 1 Doctor and Teeth Whitening.

EXCLUSIVE!

A RADIANT COMPLEXION WITH THEE 1 SKIN PEEL - £25

One of the exclusive special treatments offer at Thee 1 Salon and Day Spa is the superb Skin Peel at just £25.

This Face Peel works by rejuvenating the skin and exfoliates dead skin cells. It will help clear pores, reduce blemishes, soften fine lines and wrinkles.

The Fruit Peel will also help to treat scars and pigmentation problems and will leave your skin with a bright, radiant complexion.

EXCLUSIVE!

NIOXIN - PERFECT SOLUTION FOR THINNING HAIR

Exclusive to Thee 1 Salon from the United States is the number one stylist-recommended thinning hair brand Nioxin with its customised range of hair and scalp products that are proven to deliver noticeably thicker, fuller hair.

Nioxin's 3-Part System Kits are tailored to individual hair and scalp needs. Designed to be used daily, the Cleanser, Scalp Revitaliser and Scalp Treatment utilise state-of-the-art technologies to deliver a healthy scalp and thicker, denser-looking hair. Thee 1 Salon has home kits available with a money back guarantee if you're not happy with them at £29.99. The kits can be used by males or females.

SANTA TO VISIT CHRISTMAS CRAFT FAIR

FESTIVE cheer is on the way at Thee 1 Salon and Day Spa in Warrenpoint with a special Christmas Craft Fair taking place on December 14th from 6pm to 9pm.

Santa Claus will be making a guest appearance and might even get his beard trimmed in the Thee 1 Barber Shop so that he looks his best for Christmas.

Michelle Donnelly said: "At Thee 1 we want to get the most out of the superb new facilities we have here and open up the complex to the local community and other small businesses who may be able to offer their services to our clients and the people of the area.

"The Christmas Craft Fair is an excellent example of this and it is free and everyone is welcome. It will be a great night and I am sure Santa will do his best to ensure everyone enjoys themselves.

"I would encourage everyone to come along, meet Santa, maybe pick up a special Christmas gift and have a look around our superb new facilities when they are here."

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Hair, Tanning, Beauty & Barbers
Exclusive Nioxin Hair Treatment £29.99 with money-back guarantee
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Dromintee, Newry, Co. Down

Tel: 00353 87 6108059

Best wishes in the future to Michelle in her new venture

Best Wishes

Best wishes to Michelle on the transformation of Thee 1 Salon and Day Spa from Mum, Dad and all the Family

hales
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Tel: 028 4372 3941

WHOLESALE:
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Newcastle, Co. Down
BT33 0LN
Tel: 028 4372 6060

* * *

Wishing Michelle all the best in her new venture from all at Hales!

AMAZING GLAZING

972 Antrim Road, Templepatrick,
Co. Antrim BT39 0JJ
Tel. 077 1362 5922

Best wishes for the future to Michelle in her new venture

NEWRY - BUY LOCAL THIS CHRISTMAS

Small Business Saturday 7th December 2013

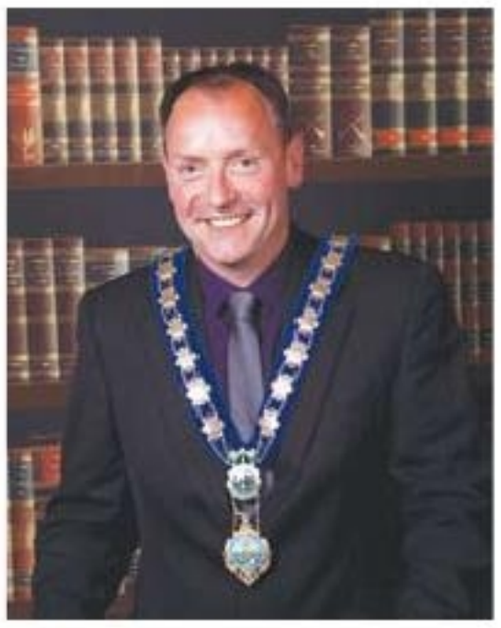
The Newry Buy Local Campaign is coming to Newry with the regional launch of the scheme taking place on Saturday 7th December to coincide with "Small Business Saturday.

Local traders and businesses in the area are calling on all shoppers and traders and anyone looking for goods and services to "think local first" when it comes to purchases.

Newry Chamber of Commerce & Trade have teamed up with Newry & Mourne District Council, Newry City Centre Management and Q Radio to launch the Buy Local/Small Business campaign with events taking place on both Cathedral Quarter Hill Street and Creamery Quarter Monaghan Street.

Mayor Michael Ruane and Chamber President Deborah Loughran along with Councillors, local traders and businesses will do their best to encourage consumers throughout the district to Buy Local, support local businesses and underpin local jobs.

Q Radio will be broadcasting live to showcase and promote the best of Newry's produce, products and services.



Mayor of Newry & Mourne District Council - Michael Ruane

Michael Ruane, Mayor of Newry & Mourne District Council said, "I am delighted to be launching the Small Business Saturday to coincide with the official launch of the "Buy Local" Campaign in time for the Christmas period.

"Newry has so much to offer and I want to encourage the people of the greater Newry & Mourne area to support our local businesses over the coming months.

"The 'BUY LOCAL' initiative is designed to encourage citizens to spend their money locally with the main focus on educating people about the economic and cultural benefits of buying local and also creating and securing local jobs.

Encouraging the citizens of Newry and Mourne to Buy Local this Christmas, and local businesses to take part in the Small Business Saturday on December 7th are Orla Jackson, Newry Chamber of Commerce, Mayor of Newry and Mourne District Council Mickey Ruane, Jack Murphy, Chair of Newry City Centre Management and Donna McConnell, NCCM.

PROGRAMME OF EVENTS:

TIME: 9:00am - 5:30pm

VENUE 1: **Events Space, Cathedral Quarter, Hill Street**

*Promotional team handing out branded "Buy Local & Hello Newry" Shopping Bags

VENUE 2: **Creamery Quarter, Monaghan Street**

*Outside Broadcast from Q Radio Network 12:00noon - 3:00pm

*Promotional team handing out branded "Buy Local & Hello Newry" Shopping Bags

President of Newry Chamber of Commerce & Trade - Deborah Loughran

Deborah Loughran, President of Newry Chamber of Commerce & Trade said, "There are lots of reasons to come to Newry this festive season - Newry has great shopping and services, events and activities, fantastic restaurants and bars, places to stay and everyone is guaranteed warm welcome.

"Newry Chamber of Commerce & Trade are delighted to be supporting the 'Small Business Saturday Initiative on Saturday 7th December to emphasise the strength of the independent and small business sector in the City.

"This will coincide with the official launch of 'Buy Local' campaign which is aimed at encouraging local people to support service providers and retail outlets in their local area".

If you would like to find out more information about the "Small Business Saturday / Buy Local" campaign and how you as a businesses can get involved on Saturday 7th December 2013 in Newry City please contact: Mrs Donna McConnell, Office Manager, Newry City Centre Management:

T: 028 3025 0303
E: info@newry.com
W: www.newry.com
F: Buy Local Newry and Mourne

To find out more information about forthcoming events or shopping in Newry City please visit: www.newry.com, or checkout the Cathedral Quarter and Creamery Quarter Facebook pages or say hello on Twitter: @Hello_Newry

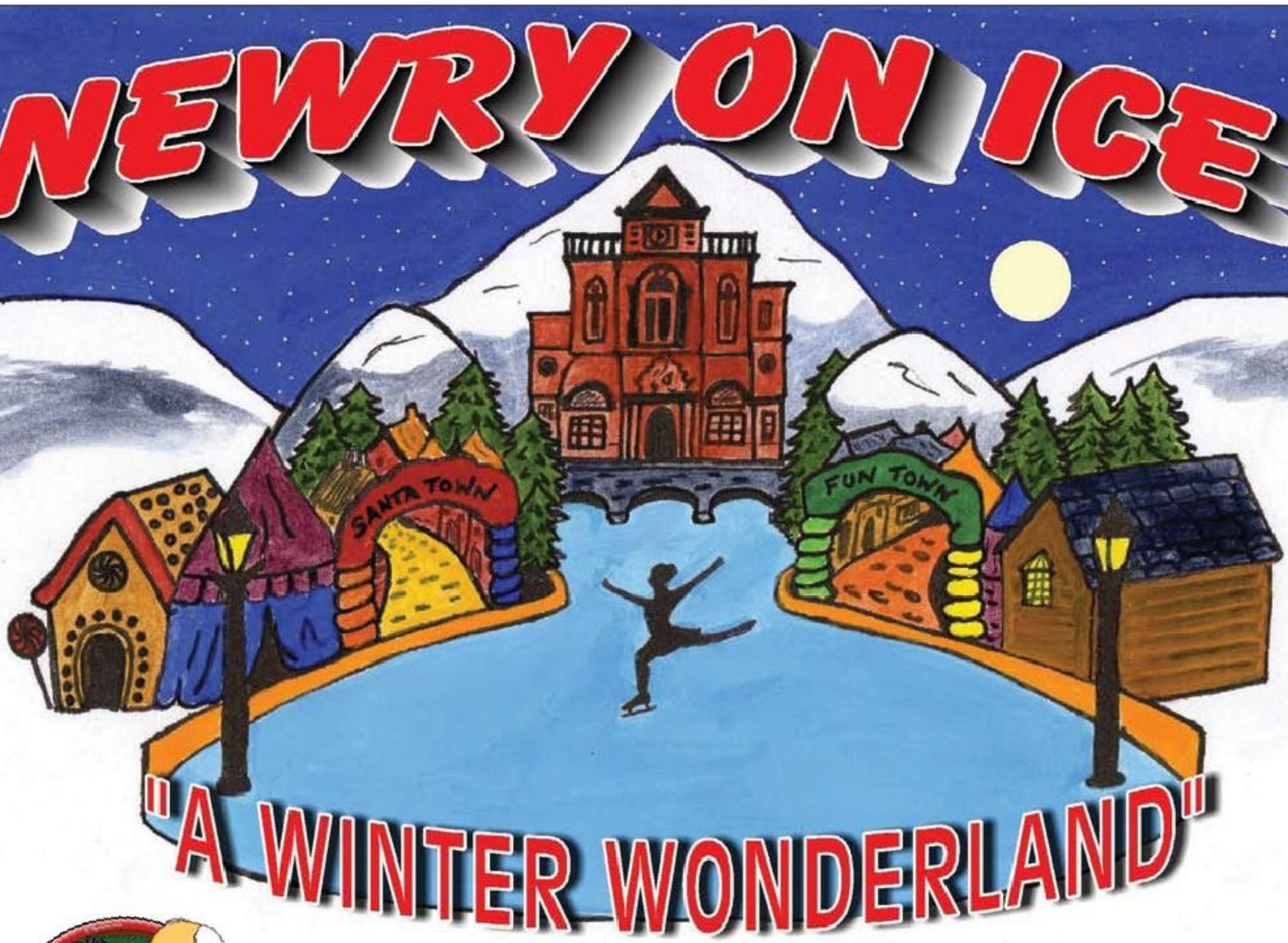
HELLO NEWRY - Shopping & Festive Fun in Newry City

City centre late night shopping across the Cathedral and Creamery Quarters in Hill Street and Monaghan Street will be in full swing so you will find the perfect gift, right in the heart of the City centre. With an abundance of cafes, bars, restaurants, independent and high street retailers and two major shopping centres, you have lots of choice, quality, great customer service and many reasons why you should come along to say 'Hello Newry'. When the shopping is done relax, have a beverage or enjoy a meal and soak up the Newry Christmas atmosphere.

PARKING

There are over 4,000 car parking spaces in Newry City centre spread over sixteen car parks. Whether you need a short stay car park while you enjoy some retail therapy or a long stay car park to enjoy a short break, you are sure to find one suitable for your needs. For a stress free visit to Newry City why not avail of North Street Car Park, an open air car park accommodating 500+ vehicles FREE OF CHARGE, minutes walking distance to the City centre.

NEWRY ON ICE



"A WINTER WONDERLAND"

As part of the Christmas activities the City welcomes a unique Newry Winter Wonderland extravaganza which runs from **Saturday 7th December** until **Sunday 5th January 2014** at the **Albert Basin.**

The month long initiative will attract a huge influx of visitors to enjoy an **ice rink, crazy golf, an ice bar, Santa's town** and a **Santa's workshop** and so much more.....

To find out more please visit: www.newryonice.com or follow us on facebook: Newry on Ice

Newry Christmas Fair

Sunday 15th December 2013
1:00pm ~ 8:00pm
Newry Variety Market

ADMISSION FREE ~ FAMILY FUN FOR EVERYONE

We are passionate about giving our local businesses an opportunity to showcase their products this Christmas in the perfect setting, that is, **Newry Variety Market.**

Come along and get in the festive spirit, with special appearance from Santa Claus, carol singers, mulled wine and tasty treats to help you browse the selection of unique Christmas gifts on offer, there will be something for all the family.

All interested traders please contact:
Lorraine M: 07795 322 981 or **Catherine M: 07710 525 534**
via text with your name, email address and a brief description of the product that you are selling. In return you will receive an application form / booking form with all the information required.

For more information please follow us on facebook:
Newry Christmas Fair / Newry Variety Market

COMHAIRLE
AN IÚIR AGUS MHÚRN

NEWRY AND MOURNE
DISTRICT COUNCIL

Lasadh Soilse na Nollag de chuid Chomhairle an Iúir agus Mhúrn
Newry & Mourne District Council's

Christmas Illuminations Switch On

CROIS MHIC LIONNÁIN / CROSSMAGLEN
DATE: Friday 29th November 2013
TIME: 7:00pm
VENUE: The Square, Cardinal O'Fiaich Square

CILL CHAOIL / KILKEEL
DATE: Saturday 30th November 2013
TIME: 5:00pm
VENUE: The Lower Square

AN POINTE / WARRENPOINT
DATE: Saturday 30th November 2013
TIME: 7:00pm
VENUE: The Square

AN SRUTHÁN / BESSBROOK
DATE: Saturday 7th December 2013
TIME: 5:00pm
VENUE: Charlemont Square

Mayor of Newry & Mourne District Council, Michael Ruane, extends a kind invitation to all the citizens of the Greater Newry & Mourne Area to come along and join in festive fun at the Crossmaglen, Kilkeel, Warrenpoint and Bessbrook Christmas Illuminations Switch Ons.

Featuring:
A special appearance from Santa Claus, special guests, musical and street entertainment, including a FREE gift for all the children and much more...
Wrap up warm, come along early and soak up Christmas atmosphere.

Family fun for everyone!

For further information please visit:
www.newryandmourne.gov.uk
or follow Newry & Mourne District Council / Newry and Mourne Tourism on Facebook

Депутат районного совета Mourne и Мэр города Newry Michael Ruane от всей души приглашает всех желающих посетить рождественские празднования и присоединиться к веселью в Crossmaglen, Kilkeel, Warrenpoint и принять участие в торжественном зажигании рождественских огней в Bessbrook.

В программе: Торжественная встреча Санта Клауса, Особые гости, живая музыка и уличные представления, также бесплатные подарки всем детям и многое, многое другое..... Одевайтесь теплее, приходите пораньше и насладитесь волшебной атмосферой рождества!

Отдыхаем всей семьёй!

Newry ir Mourne rajono savivaldybės meras, Michael Ruane, maloniai kviečia visus didžiojo Newry ir Mourne regiono gyventojus atvykti ir kartu pajausti šventinę nuotaiką, įžiebiant Kalėdines iliuminacijas Crossmaglen, Kilkeel, Warrenpoint ir Bessbrook miesteliuose.

Pasirodys: ypatingas Kalėdų senelio pasirodymas, ypatingi svečiai, muzikinės ir gatvės pramogos, taip pat dovanėlės nemokamai visiems vaikams ir dar daugiau ..... Šiltai apsirenkite, atvykite anksti ir pasinerkite į Kalėdinę atmosferą.

Linksmybės visiems!

Burmistrz Newry oraz Przewodniczący Rady Okręgu Mourne - Michael Ruane serdecznie zaprasza wszystkich mieszkańców Greater Newry oraz okolic Mourne do udziału w uroczystych pokazach bożonarodzeniowych iluminacji w Crossmaglen, Kilkeel, Warrenpoint oraz Bessbrook.

Atrakcje: Specjalny występ Świętego Mikołaja, wyjątkowi goście, występy muzyczne oraz uliczne zabawy, no i prezent dla każdego dziecka i wiele wiele innych atrakcji... Proszę się tylko ciepło ubrać, przyjść i poczuć bożonarodzeniową atmosferę.

Radość dla całej rodziny!

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European Regional Development Fund
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PEACE III SOUTHERN PARTNERSHIP

Challenge of Change

ADD A LITTLE EASTERN EUROPEAN FLAVOUR TO YOUR FESTIVE MENU THIS *Christmas*

This Festive Season why don't you add a little EASTERN EUROPEAN flavour to your Christmas Menu and try some of the superb foods on offer at a variety of Newry and Mourne's local Polish, Latvian and Lithuanian food stores.

Specialising in authentic Eastern European delicacies, these local stores are now a firm favourite with all citizens of the district, offering you something special to enjoy as part of your Yuletide Feast, a real personal touch with the added bonus of great value.

Some of these local Eastern European High Street names now operating in Newry & Mourne they include; KAROLINA SHOP, POLONEZ and LABAS.

EASTERN EUROPEAN FOODSTORES IN NEWRY & MOURNE:

KAROLINA SHOP is a chain of grocery stores across Northern Ireland offering a wide selection of products delivered directly from Poland. A must for shoppers at Karolina Shop is the extensive selection of quality delicious meats, sausages and cheeses produced according to old Polish recipes. Other local products such as fresh local pork, chicken and beef are on offer at very competitive prices.
Visit: www.karolina-shop.co.uk

LABAS EUROPEAN FOOD SHOPS offers you everything you need to create a wonderful festive atmosphere in your home this Christmas. The Labas team aims to meet every customer's requirements by offering the highest quality standard of fresh European produce to add a little extra flavour to the Christmas table of any nationality. A warm and friendly welcome is extended to all shoppers at Labas.

POLONEZ is a well established Polish chain store with many stores throughout the island of Ireland. The first store in Northern Ireland is now opened in Newry. With significant buying power as a large chain, Polonez offers a huge selection of the top Eastern European brands at great prices. The very best in authentic fresh Eastern European produce is available daily. Try the Polonez shopping experience for yourself.
Visit: www.polonez.ie

KAROLINA SHOP INTERNATIONAL FOOD
Unit 3 Kingsway Arcade, Monaghan St., Newry
13 Marcus St., Cathedral Quarter, Newry

LABAS EUROPEAN FOOD SHOPS
8 Mary St., Warrenpoint
5 Marcus St., Cathedral Quarter, Newry
Unit 1, Cornmarket, Creamery Quarter, Newry
21a Newcastle St., Kilkeel

POLONEZ
78 Hill Street, Cathedral Quarter, Newry

Buy Local in Newry & Mourne this Christmas!

Per šias Kalėdas Newry ir Mourne pirkite vietinę produkciją.
W Boże Narodzenie kupuj miejscowe wyroby w Newry & Mourne.
В это рождество поддержите местный бизнес! Покупайте в Newry и в Mourne!

COMHAIRLE AN IÚR AGUS MHÚRN NEWRY AND MOURNE DISTRICT COUNCIL
NEWRY CITY CENTRE MANAGEMENT
Karolina Shop international food
LABAS EUROPEAN FOODSTORE
BUY LOCAL NEWRY & MOURNE
POLONEZ
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web: www.mournechiropracticclinic.com
http://www.facebook.com/mournechiropracticclinic
Dr Thomas Gillen (Chiropractor)
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Keeping Businesses Working

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(Beside Haldane & Fisher)

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e: newry825@hss.com

HSS Hire Newry are powering ahead with Abird generator Hire

Power Generation is often critical to the success of a project and so a reliable and efficient service is essential. HSS's most recent acquisition of Abird Generator Hire, one of the UK's leading diesel electric generator hire companies complements HSS's Newry existing fleet, enabling it to offer a wider range of large capacity and specialist generators to provide a more comprehensive service in the growing market for temporary power.

Abird Generator Hire part of HSS has the highest standards in technical expertise, fuel efficiency and customer service. With over 50 years of experience they consistently deliver on any temporary power needs, with specific experience in business, critical continuity environments for national events, construction, manufacturing, banking and health care industries.

Michael Killeen Managing Director of HSS Hire Ireland, Scotland and the Laois Hire Group states, 'We pride ourselves on providing an efficient, expert service. Our fleet of over 1000 reliable diesel generators are fully backed up by the best technical engineers in the business and a dedicated service team. Not only that but we offer a complete nationwide service not just generator hire from site survey, supply, installation, 24/7 support and all ancillary equipment.'

HSS Newry also carries a full range of heaters, dehumidifiers and lights to cover all of your requirements for the incoming winter months.

For more information on all of the winter range or Generator Hire offered by your local HSS Newry contact them today on 028 3025 1966 or newry825@hss.com or simply call into our new premises at 4a Carnbane Industrial Estate, BT34 6QJ (Beside Haldane & Fisher, Newry).

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Season's Greetings

Season's Greetings from Camlough Appliance Centre

MARA - helping people in rural South Down and South Armagh beat the recession

Benefits of over £350,000 have been issued to householders throughout Northern Ireland thanks to a new initiative.

Maximising Access to Services Grants and Benefits in Rural Areas (MARA) aims to connect people living in rural areas with benefit entitlements, grants and services that they may not be aware of.

The Department of Agriculture and Rural Development (DARD) and the Public Health Agency (PHA) have contracted local community groups to help identify households who would benefit from the scheme.

South Down Family Health Initiative (SDFHI) is delivering the project in South Down, South Armagh and Craigavon. Their team of 14 home visitors (enablers) have visited over 700 homes throughout the region over the last few months. The fully trained and vetted enablers visit people in their home and carry out a detailed assessment and the information gathered is then used to make referrals for support - referrals are only made at the householder's request. A second visit is carried out 6-8 weeks later to check that all referrals have been followed up and to assist the householder with any queries they may have.

Allison Slater, Project Manager, told us "we are regularly visiting homes of people who are really struggling to make ends meet. Many of these are people who have been self-employed and work has dried up or older people who find that their pensions are just not stretching far enough. In particular many people are finding the increases in home heating costs are getting more difficult to meet.

Since we started visits, last September, we have referred over 250 households into the Warm Home Scheme; this has resulted in some homes having free insulation fitted, and in one case a whole new heating system installed. We have also referred 91 homes to the Boiler Replacement Scheme which offers grants of up to £1000.00 towards the cost of putting in a new boiler".

MARA also helps people get access to a wide range of other services including, Rural Community Transport, Translink Smart Passes, Home Safety Inspection, Disabled Facilities Grants, Occupational Therapy, Social Services and Benefit Entitlement Checks.

Allison told us "280 people, in our area, have had their benefit entitlement checked as a result of MARA. Whilst not everyone will get a benefit increase, we have seen some individuals get as much as £100.00 per week extra as a result of a MARA visit. The full benefits of this are not fully calculated yet as some of the benefits awarded will enable the householder to gain rates relief or housing benefit as well".

MARA is scheduled to run until March 2014 but it is suggested that anyone interested contact Allison as soon as possible to book a visit as there are only a set number available in each area and the project will end as soon as those numbers are met.

If you live in the following areas and would like more information or to book a visit ring Allison or Anouska on 028 4177 4248:

Annalong, Binnian, Burren & Kilbroney, Camlough, Crossmaglen, Derryleckagh, Donaghmore, Fathom, Forkhill, Lisnacree, Mayobridge, Newtownhamilton, Rostrevor, Silverbridge, Spelga and Tullyhappy.

SUCCESS FOR JIM

Jim Slane had a visit from a MARA enabler in July of this year after receiving a leaflet through his door. Jim was undergoing treatment from prostate cancer and had been ill for some time. His wife, Martha, had been working part-time in a coffee shop but had had to give up work to care for Jim. They lived in a 1960s bungalow which had not been updated since the 1980s and they were finding it difficult to keep the house warm enough for Jim. Jim and Martha have no family living in Northern Ireland. When our household enabler went to visit them they had just run out of oil and weren't sure how they were going to pay for a refill.

Anne, our enabler, first of all looked at what benefits Jim and Martha were currently receiving and household income, she felt that their income was very low and that with Jim's medical problems there may be entitlement to Attendance Allowance. It was agreed that she would refer them for a Benefit Entitlement Check. They then discussed the issues with heating the house and they were referred to the Warm Homes Scheme and Boiler Replacement Scheme. Anne was also able to refer them into a local charity that was able to provide some home heating oil which was delivered within 48hrs.

Martha and Jim were also referred to Newry and Mourne Rural Community Transport, Home Safety and advised to speak to his GP about a referral to Occupational Therapy.

Since the visit in July Jim has been awarded Attendance Allowance and Martha Carers Allowance - this has made a financial difference of over £120 per week to their income. They have had an assessment from Warm Homes and are just waiting for the contractors to put in new insulation in the roof space and cavity walls. They have been offered a grant of £700.00 towards the cost of a new boiler. Occupational Therapy has approved a disabled facilities grant and they will be getting grab rails at front and back door in the next few weeks. They were able to travel free of charge from their home to Daisy Hill Hospital using Newry and Mourne Community Transport.

Jim has told us that picking up the phone that day and making an appointment for a home visit has made and unbelievable difference to his life.

SDFHI & Active Communities Host . . .

BEGINNERS BOOTCAMP

Give yourself an early Christmas gift of Fitness . . .

Begin or Reboot your fitness regime over the festive season. Health Checks, Nutritional advice, a variety of Classes and a new social network.

BEGINNERS WALKING CLUB

Join our New Hill Walking Club. Practice flat walks Mid Week at St. Colmans Running Track and take to the Hills Saturday Morning. Excellent way to improve fitness and meet new people. Meet us at St. Colmans Running track Wednesdays at 6pm.

Everyone Welcome - no cost included.

CHAIR YOGA

Do you suffer from joint pain or poor mobility? Would you feel more comfortable exercising in or with the aid of a chair? Then Chair Yoga is right for you. Join us in The Parish Centre Warrenpoint every Monday at 2.30pm.

AQUA JOGGING

Low impact water based exercises suitable for non swimmers. Particularly suitable for those recovering from injury. Kilkeel Pool Tuesdays @11am. Newry Pool Wednesdays @11am. Included with cost of swim.

For Further information on any of the above courses please contact Gillian on 028 4177 4248 or Claire on 077 1736 0262 or check our website: www.southdownhealthinitiative.com

Circuits Gold

Calling all Ladies who want to get fitter and feel better! If your 18 - 80 our morning class is right for you. Just wear comfy clothes sensible shoes, and come along to let our qualified instructors teach you what exercises are suitable for you....

LADIES CIRCUITS

Would especially suit those suffering from Arthritis, mobility and joint pains!!

DATE: Mondays and Wednesdays

WHERE: St.Mary's Youth Club, Burren

TIME: 10am

COST: £3.00/£5.00 per week

South Down Family Health Initiative

MARA Maximising Access to Services, Grants and Benefits in Rural Areas

Public Health Agency

ARE YOU . . .

- Struggling to heat your home?
- Finding it difficult to make ends meet?
- Struggling to get out and about?
- Feeling isolated but don't know what's available?

The MARA project aims to improve the health and wellbeing of people living in rural Northern Ireland by helping them access local services, grants and benefits.

Since September 2012 we have visited 500 homes across South Down, South Armagh and Craigavon

THESE VISITS HAVE RESULTED IN . . .

- 261 Benefit Entitlement Checks (some seeing increases of £100 per week)
- 238 Warm Homes Referrals
- 91 Boiler Replacement Scheme Referrals
- 96 Rural Community Transport Referrals
- 287 Home Safety Inspections
- 28 Smart Pass Applications
- 79 Referrals to Occupational Therapy
- 191 Local service referrals
- 17 Social service referrals (at householders request)

All you have to do to access this **FREE** service is ring Allison or Anouska

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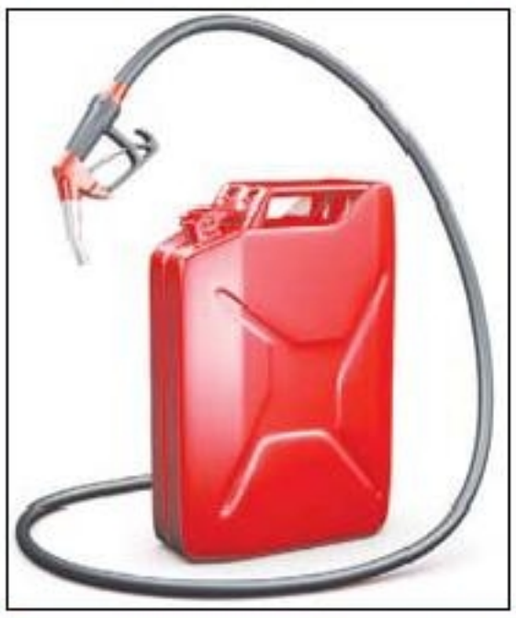

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MPG figures are achieved under official EU test conditions, intended as a guide for comparative purposes only, and may not reflect actual on-the-road driving conditions. *Nil advance payment subject to availability and on selected 2008 and 308 models only. Information and offers correct at time of going to press, however Peugeot Motor Company PLC reserve the right to change these at any time and without notice. For full terms and conditions, please contact the Peugeot Motability line on 0845 945 5466. ^Passport Personal Lease. A guarantee may be required. Written quotations available on request from Peugeot Financial Services, Quadrant House, Princess Way, Redhill, RH1 1QA. Passport Personal Lease contract examples. 208 Access initial customer rental £159, optional final rental of £4,018.46 monthly rentals payable. Annual mileage 6000 miles. Excess mileage charges may apply. If you choose to pay off the optional final rental at the end of contract, you can keep the car but will not own it – you will pay an annual rental equivalent to one of your monthly. However, car ownership is possible with Passport – ask us for details. #Free metallic paint is available on retail orders financed through Peugeot Passport or Peugeot Passport Personal Lease & placed before 31st December 2013 and registered before 31st January 2014. All offers apply to vehicles ordered by 31st December 2013. Calls may be recorded for training purposes. Models shown are for illustrative purposes only.

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